

Baby Clinic -

23 in Toronto.

Give health supervision to those unable

wt. recorded & on card & mother.

Advices mother on general care  
Child seen for superv. of habits, etc.

Public Health Nurses -  
Well trained.

Health practice for safety of individual

I meeting -

Beneficial reaction

Charts, models, movies

II Newspaper -

III Local Papers -

Valuable - harmful if not written right.

IV Printed Matter -

Distributed by H. Dept & helpful. Books: Mat. Hyg

V - Radio - Good time & good response

VI - Exhibits - Diagrams, charts, posters

VII - Movies - Scientifically correct.

### Public Health Clinics -

16 Hospitals Types - ① Child welfare - every 2<sup>nd</sup>

② Obstetrical clinic - pre-natal care 1910 148.9 per 1,000 1920 41.3 per 1,000

③ Venereal disease - child & ad. in early stages & infected.

④ Heart - ⑤ Chest - T. B. - province In T. 3 complete exams

40% of child entering H. B. remedial dept U.S.N. nurse -

Public Health Nurse - Clinics for fathers

### Infants Home -

Young St - 1875. 1918-42 % due to flu.  
1922 in father homes.

Social case worker - living conditions  
Health

### Instruction of our & babies health

Staff - nurses & full time Doc. - visits homes, clinics, etc. Well-Baby Clinic - attendance compulsory.

Supervision of  
Children Blood test - Wassermann.

Visiting Home Workers -  
Grades of Home Ex. -

8-8.30 - 6.30-6. Buying, cooking, mending, etc & care  
for family & sick persons under nurse supervision. To be  
possible cost per d. 3.65. Charge according to family needs.

1. & Red Cross - Confidential Education \$50,000

Phys - preserve home values - spec in nutritious diets etc

1. Low milk consumption - 2. Low whole wheat bread con.

3. Cakes proceeds all else - 4. Can soups used 2 milk.

Neighbourhood Workers Assoc.

Assist in budget, meal planning, give fun. clothes, etc.  
make home more attractive. Teach cooking, etc. sewing.  
Refer illness to Dr., Sick people to clinics. Work with  
D.O.H. Soc. Min, etc.

Supply money for denture, glasses, etc. Pre-marriage coun.

Staff - 26 workers <sup>work in</sup> 1500 families. Funds - donation

Comp - Bldg.

Can. Soc. & Control of Cancer.  
Service Clubs.

Y.  
Red Cross.

Canadian Council of Child Welfare.  
London Life - Sun, etc.

Health League of Canada.

Dept. of Pensions & National Health.

Prov. ... Public Health.

Associated Medical Service (!)

Mothercraft.

"Walter Reid"  
Typhoid Fever.

Can. Fed. of Blind.  
Ontario Safety Council.  
Can. Day of Silence Assoc.

10 (also) Gasoline + Turpentine used sometimes. Alcohol excellent

Value of any dis. increased by heat. - effective in hot water  
Some have only cleansing act. - common commer. soap not dependable as hand or skin disin.

Disinfection

destruction of all organism capable of producing disease while disinfectants " " agents

Means - Physical agents - heat - sunshine effective  
with fresh air - due to ultraviolet ray. Natural fresh air of back.  
Dry heat - fire

Hot & back. killed 10 mins. - spore bearing " " Boiling water.

effective D live steam.

E Steam under pressure.

F Chemicals.

Report 11

10 Rules followed when P. overcome disease.

1. A complete bath given to P. at end of isolation.
2. Dress P. in uninfected clothing.
3. Clean room thoroughly with soap & water.
4. Expose all articles to sunlight.

Chemicals depend upon 1. cost.

2. effect. <sup>Poisonous</sup> Character.

" " on other material &

3. rate <sup>loss</sup> efficiency.

Carbolic acid, argyrol, hydrogen

peroxide - valuable but last 2 deteriorate rapidly.

For home avoid <sup>Poisonous</sup> disinfectants. Valuable in emergencies.

Preparation of

Rest on top of Page 1.

Chemigation

1. Seal all cracks with adhesive tape

2. Open all drawers, closets.

3. When gas set off - leave by exit.

4. When requires period of exposure is

open ground windows from outside.

5. Air thoroughly before entering.

11 Chemicals - use of - all water drawn out of back & canopy

diarr.

Antiseptics

Every antisept. (preventor of growth) a diluted form of germicide (germ killers). Cold - ant. & mild disinfectant esp. in preservation of foods.

12 Gaseous - Formaldehyde & sulphur dioxide

fumigation kill mos & other insects carriers.

Hydrogen cyanide rid ships of rats & vermin.

Use of gaseous fumigation.

Diphtheria - 2 wks.  
 Scaled Fever - <sup>at least</sup> 30 days  
 measles - <sup>return after</sup> 5 das after disappearance of rash.  
 Typhoid fever - no fixed period.  
 Small pox - til all scabs disappear.  
 cerebrospinal meningitis - 14 das.  
 Infantile Paralysis - Min. 6 weeks.  
 Yellow Fever - short - screening from mos.  
 Typhus - not necessary after return of norm. temp.  
 German measles - 1 week.  
 Mumps - til swelling is gone.  
 Chicken Pox - til all scabs are off.

### Internal Disinfectants.

e.g. Benzoic acid - urinary ant. None free from danger. employed as therapeutic agents tho' tried in sterilization of carriers.

### External Disinfection

Practice employed upon infective agent outside body.

### Properties of Ideal Disinfectant for T. use.

1. Work effectively - with or w/o presence of organic matter.
2. Stable from chemical standpt.
3. Soluble in water.
4. Harmless to man & higher animals while highly poison to micro-organisms
5. Not corrode metal, bleach pigments, or rot fabrics.
6. Available & good price.
7. effective agin' infective agents.

Organisms live longer in P's body than walls, etc.  
 Time convalescent over - few organisms discharged-alive.

### Practical Use of Antiseptics.

1. None effective to diminish bacterial flora on intestines, mucous membrane of nose likely to be harmed & gall bladder can't be administered.
2. Abscess in skin - antiseptics - alcohol dries rapidly.
3. Iodine - may cause burns - Most powerful "violet green" - stains - used b4 operation.
4. A starch poultice - & sepsis of skin.

Chlorophyll - used medically in :-

1. Combatting deep lying infections.
2. Cleansing open wounds - healing infected ones
3. Relieving chronic sinus conditions.
4. Banishing head colds.
5. Healing ulcerated varicose veins & osteomyelitis.
6. Curing mouth inf. as Vincent's Angina.
7. Treating respiratory infections.

Value -

Strengthens cells.

Inhibits bacterial growth.

Gives body tissues chance to apply own

defenses -

Disinfection -

Chronological components.

1. Current
2. Terminal.

Current.

1. Officer order destruction of fomites, etc at our expense.
2. Power to remove P. to temporary shelter while house disinfected.
3. Rooms not rented til 6 wks. after case.
4. Can't send fomites to laundry.
5. Books not borrowed from library.

Terminal -

Disinfection may be performed by a thorough "Spring cleaning".

Legal Requirements -

1. Person suffering or care of case not expose others to risk of infection.
2. ~~Can't~~ <sup>Not</sup> enter public conveyances.

3. Not send or dispose of any contaminated articles.
4. " engage in occupation when able to spread disease.
5. Child P not re-attend school w/out cert. from M.O.
6. Power to remove to hospitals persons suff.  
from diseases.

## Quarantine -

Quadragesima - Italian - 40.

From efforts by Venice in 1463 - Black Death.

Venice, marseilles Genoa - 40 days detention  
4 ships.

## Federal Quarantine.

Interstate " for 20 diseases - i. e. typhus,  
plague, yellow fever, cholera, etc.

Quarantined boats & building disinfected after P.  
recovered. - quarantined for known incubation  
period of disease.

Isolation - adopted as soon as communicable  
disease is recognized.

## House Quarantine -

Considerable freedom now -

Whooping cough - as long as close contact avoided

yellow fever - suff. to keep P. in screened room.

Thro. ed. in schools, private trained nurses -  
hosp. etc - public more responsive.

## Main Problems -

1. Concerned child's idea - Better to have it over with.
2. Imm. respons. & young pleasure, etc with cold, etc.

## Isolation Period of Certain Diseases.

Cholera - rest on stool exam.

Whooping Cough - 2 wks after onset of  
spasmodic cough.

Diseased person separate room - use  
separate dishes.

## Development of Public Health in Canada

Carried from one country to other by spies & Indians

1707 Regulation regarding meat.

Oct 20<sup>th</sup> 1721 1<sup>st</sup> Quarantine.

Typhus in all prov. 1847

Highest mortality rates - S. Pox T. B. typhoid, measles, diph. scarlet fever.

B. N. A. 1867 no reference to Public Health  
1875 passed in E. B. 1882 P. H. " "

enactments in Ont. Dept of Health in all provinces.

Quebec - Health officer (1836) to inspect ships. 1832 Health board.

N.S. - 1606 survey. 1746 Typhus prevents F. I. invasion. 1866 quarantined station at W. H. 1832 Central Board of Health.

N.B. - 1796 Dartmouth Island for diseased sailors etc. No child to school unless vaccinated. 10 health districts in charge of H. Officer.

P.E.I. 1833 Act passed to prevent disease 1808 P. Health Act passed

Ont. - 1873 " " " "

authority to move person to hospital with infectious disease

1884 2<sup>nd</sup> P. H. Act (more advanced)

Local boards against infectious diseases, hospitals 1920 division of P. H. education

Man. - 1876 smallpox from Islanders.

After all kids vac. 3 mos after birth. 1893 Prov. Board of Health org. 3 full time H. districts set up.

## Sask

1928 - 1<sup>st</sup> B.H. est. - formation of H. units in prov. Staff - m.O. San. O. P. & Nurse Sect. Technician.

Alta - 1905 - 1918 P.H. services under Dept. of Agric. 1916 P.H. <sup>act</sup> board of 3 members. Travelling clinic - G.E. Dent. Ex. etc since '24.

B.C. - 1869

1893 1<sup>st</sup> P.H. Act because of s.p.o.s. Power in prov. board to rule over local board

1899 - 1<sup>st</sup> P.H. Act abolished H. Gov. in C. - <sup>Provincial Board of Health.</sup> Palmer & Min

1910 - An act to provide for medical inspection of Schools.

## Health Laws & Regulations.

Milk - Educate public to adequate supply, clear etc. Graded & Standard

Food - permits to places that sell it.

Toyce O'Neill.

Inoculation - introduction of virus or other substances into body to produce mild form of disease to counteract disease already present.

1820 vaccine - Jenner (immunity)

Ways of preventing typhoid & diphtheria - Ed. Plot - injecting enough toxin into body - P. produces enough antitoxin to combat disease during dangerous yrs.

To help people who are 2 slow 2 form own antibodies

1. Drug or chemical agents & full bacteria
2. Stimulate body cells 2 form anti. substances more abundantly
3. Individual anti substances made in body by another animal

Some disease & cures.

Typhoid Fever - Vaccines for imm. Neither  
serum or vaccines as cure of disease.

2. Diphtheria - anti-toxin serum cure of disease -  
toxoid for lasting protection.

3. Epidemic Acetbrospinal Meningitis -  
specific serum as cure injected intracranially.

4. Cholera - vaccine for imm.

5. Plague - " " " tried.

6. Pneumonia - serum in certain cases. Drugs -  
sulphanilamide & sulphydrylone most successful  
as cures.

7. Whooping Cough - vaccines tried as cure with  
encouraging results.

8. Scarlet Fever - Antitoxin serum & cure  
& lasting immunity.

Research -

Dr. Fitzgerald - founder of Hygiene  
Dr. Hux - influenza.

9. Malaria - drug - quinine.

10. Measles - Anti toxin therapeutically.

11. Hepicoy - a drug charcoal & oil.

Immunity - 2 parts

1. Active - lasting protection - cause body to  
make own antitoxins.

2. Passive - cure not due to P. &

when speedy action is simpler, ready  
substance is used.

T. B. fever - serology.

